

After your Nasal Surgery

Instructions and Information from Dr. Dauwe

You will be drowsy following surgery- we have given you medications to help make you more comfortable. Expect to wake and doze on and off during the evening, so make yourself comfortable when you get home. The drowsiness will disappear in the evening or overnight. The day following your surgery, you will feel a bit tired, but go ahead and begin to try and resume your normal activities “walking, sitting, etc.”

You may be a bit “stiff” when you first wake in the morning following surgery. Go ahead and move about without fear of disrupting anything.

It’s not unusual to have some nausea following surgery. Although we’ve given you nausea medications, these medications are only about 80% effective, and you may still experience a bit of nausea. If so, simply relax, and don’t try to eat any heavy foods- just try clear liquids and work your way up to solids foods.

You have been given a prescription for a pain medication. Please take a pill before bed the evening of surgery (preferably after you have kept something in your stomach to avoid stomach irritation). It’s a good idea to take another pill the morning following surgery, since you may feel a bit stiff and uncomfortable when you begin to move about. If the pills disagree with you in any way, simply try Extra-Strength Tylenol. Discomfort following surgery is generally mild to moderate. This can last several days to 2 weeks following surgery. If you start to experience significant pain, please notify the office immediately.

Infection following any type of plastic surgery is extremely rare. Infection is usually not apparent for several days following surgery. If you notice significantly increased redness or swelling accompanied by tenderness or fever at any time, call so that we may examine you. It’s normal to experience temperature elevations to 101° F following surgery for many patients. If your temperature elevates above 102° F please notify our office immediately.

Expect to have more swelling when you awaken the morning following surgery. If you can comfortably sleep on two pillows, do so as this may reduce your swelling slightly. However, it’s more important that you sleep well, even if on one pillow, since the swelling will subside anyway over the next 48-72 hours.

Try to keep the tape or splint, which has been placed on your nose as dry as possible. We will remove it for you in the office in 7 days.

It’s normal to have drainage from your nose, which will be tinged with blood for the first 48-72 hours. Usually the drainage decreases after 24-36 hours and become clear. Remember you will feel stuffy for a week or two because of the lining of the nose.

Keep your nostrils clean and free of drainage using Q-tips dipped in Hydrogen Peroxide. You may need to clean frequently the first 2-3 days. Reach inside the nose only as far as the length of the cotton on the Q-tip.

Do not blow your nose for the first 7 days after surgery. Blowing your nose increases your risk for significant bleeding. Similarly, do not lift heavy objects for the first 10 days since straining can also cause bleeding.

If you wear glasses, tape them to your forehead with a small loop of tape passed over the nosepiece. Do not allow them to rest on the nose for 4 weeks following surgery. You may also keep your splint and wear your glasses over your splint. Remember that your glasses may require nosepiece adjustments for proper fit since we may have changed the shape of your nasal bones.

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When you first begin to wear your glasses, you'll notice indentations where the glasses touch the nose. These indentations are not harmful- as the swelling in the skin of your nose decreases, the indentations will be less noticeable.

You will notice more bruising the morning following surgery than the day of surgery. This bruising will begin to disappear in about three days when the swelling begins to decrease. Swelling resolves at different rates in different people. Shortly after we remove the tape from your nose in five to seven days, the swelling will have sufficiently decreased.

The degree of swelling will be different on the two sides- even though the same procedure has been performed. Do not worry about any differences in swelling or bruising which you see for the first three weeks after surgery.

The tip area of your nose will be quite numb for the first several weeks following surgery. This is normal, and as the skin nerves regrow following surgery, your sensation will return. Full sensation in the tip may require several months to fully return.

Avoid any type of aerobic exercise (any exercise which elevates your heart rate above 100) for a minimum of three weeks following surgery. When your pulse rises, the accompanying rise in blood pressure can cause bleeding. Gradually resume exercise beginning at three weeks following surgery. Avoid any type of strenuous exercise for a minimum of 6 weeks following your nasal surgery. During this time, any strong blows to the nose could disrupt the re-contoured nasal bone areas. Moderate bumps and blows to the nose usually will not cause disruption.

As we change the external shape and appearance of your nose, we also change the pattern of air flowing through your nose. Even when these changes are to relieve airway obstruction, and increase airflow, you may notice a difference in the "feel" of the air flowing through your nose. Due to swelling, the best improvement in the airflow will not be noticeable until swelling decreases two to three weeks following surgery. Don't worry that your breathing feels different through the nose- you will adapt to the new pattern of airflow very naturally over the weeks.

While your nose is swollen and puffy, try to avoid using nasal sprays such as Afrin or other types of antihistamines, even if your nose seems to be draining a lot. If you dry out the secretions inside your nose with antihistamines or sprays, they become clogged in your nose and are very difficult to remove.

If your nose bleeds at any time, try to relax (this is imperative to avoid getting overly excited because this will lead to a raise in your blood pressure) and lie down with your head lightly elevated. Use a moist washcloth and apply gentle pressure to your nostril area. By relaxing and holding this pressure for 15-20 minutes, virtually any bleeding will stop. Should relaxation and pressure not work, and bleeding continue- please call the office.

If you have additional questions or should any problems arise, please contact the office immediately by phone at 214-821-6580.